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## Beyond Theatres : Issue 1, 2013

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### Recommended Citation

Department of Surgery, "Beyond Theatres : Issue 1, 2013" (2013). *Surgery Newsletter*. Book 9.  
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# *Beyond Theatres*

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THE AGA KHAN UNIVERSITY

*Department of Surgery Newsletter*

*Volume 9, Winter 2013*





### Front Cover

The cover image “Sunset in Izmir, Turkey and Lightening in Karachi” has been contributed by Dr Tanveer Chaudhry, Associate Professor, Ophthalmology.

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# Workshops, Courses and Symposia

## Basic Surgical Skills Workshop for Residents

**Course Coordinators:** Dr Raza Sayyed and Dr M. Shahrukh Effendi

February 23, 2013

We must thank Dr Rizwan Khan, Dr Zia-ur-Rehman and Dr Amir Shariff among the faculty and Dr Asma Munir among the fellows for attending and helping out with the activity. Many thanks to Murad Bana, Aziz Hayder, Azam Khan and Burhan Ali for their usual cooperation in making this event successful. Lastly we would like to thank the chief resident who kindly allowed residents to attend the course. We look forward to their presence and facilitation during future courses. We plan to organise a higher surgical skills workshop including GI anastomosis techniques in future and would look forward to similar support and presence from the faculty and residents.



## Paediatric Laparoscopy Course at Liaquat National Hospital, Karachi

**Course Director:** Dr Shabbir Hussain, **Course Coordinator:** Dr Saqib Qazi

March 9-10, 2013

This was first such course conducted in Pakistan where a host of relevant topics were chosen and through small group discussions and video presentations theoretical and practical aspects were highlighted.

On day one, principles and practices in relation to anaesthesia for laparoscopy and thoracoscopy were discussed. This was followed by tutorial on basic techniques, arrangements and uses of various equipments in operation suite, special needs of children

and how in a resource-constrained situation, innovations can be made to achieve optimal goals.

Other sessions on the same day included interactive discussion on various commonly performed procedures in paediatric population for conditions such as undescended testis, inguinal hernia, acute appendicitis, pyloric stenosis, gastro-esophageal reflux disease, hepatobiliary conditions like cholecystitis, biliary tree stones and Hirschsprung's disease etc.

Dr Naved K. Alizai in the end shared experiences of telerobotic surgery at his parent institute in Leeds, England.

On day two, sessions were arranged in the Skills Laboratory at Liaquat National Hospital. The participants were divided into two groups. They were assigned tasks of dissection, cutting and suturing. It was practiced initially on specially designed models under the supervision of expert instructors, followed by practice on animals (goats). Creation of pneumoperitoneum, placement of ports and instruments and then skills related to pathologies of different organs were practiced. The course ended with distribution of certificates and a vote of thanks.





## Taping Techniques for Pain Management

**Course Coordinators:** Dr Masood Umer and Dr Rizwan Haroon

March 9, 2013

A workshop on taping techniques for pain management was held at the Sports and Rehabilitation Centre, Aga Khan University. This workshop was organised with the Department of Physiotherapy, Aga Khan University Hospital and attended by orthopaedic residents and consultants. Taping technique for pain management is a relatively new concept in orthopaedics and has its greatest implication in sports medicine. The workshop started at 9 am with a series of presentations on the various modalities of taping followed by a good three hours of hands-on experience in which groups of two were made and basic taping technique were applied amongst the residents. The workshop ended with the distribution of certificates among the participants. Overall it was a new learning experience and all of the participants thoroughly enjoyed it.



## Vascular Anastomosis Hands-on Experience Workshop

**Course Coordinator:** Iram Naz

March 29, 2013

The Vascular surgery team organised a pre-conference vascular anastomosis workshop on March 29, 2013 at the Anatomy Dissection Hall, AKU, as part of the 9th Annual National Conference of Pakistan Society of Cardiovascular & Thoracic Surgeons. The workshop was aimed at senior general surgery and cardiothoracic surgery residents. The workshop focused on hands-on practice of anastomosis (end-to-end, end-to-side and patch angioplasty) by the participants under the supervision of vascular faculty on bovine vessels. Dr Ziad Sophie (AKU) was master tutor and was accompanied by Dr Ahsin Bhatti (CMH Rawalpindi), Dr Kamal Yousuf (LNH, Karachi), Dr Zia ur Rehman (AKU), Dr Syed Shahbuddin and Dr Shahid Sami (AKU). There were 24 participants from various hospitals of Karachi.



## Anastomosis Surgical Skills Workshop

**Course Coordinators:** Dr Raza Sayyed and Dr M. Shahrukh Effendi

April 6, 2013

A workshop on gastrointestinal anastomosis skills for residents was organised by the Section of General Surgery on April 6, 2013. Hand-sewn anastomotic techniques involving end-to-end small bowel anastomosis, gastrojejunostomy, colo-colic anastomosis and hepaticojejunostomy - were taught to senior and junior residents. The format was overview of technique and video demonstration followed by hands-on practice sessions supervised by faculty. This workshop will be followed by a similar workshop on stapled gastrointestinal anastomosis techniques.



## Mock OSCE for Intermediate Module TOACS Candidates

**Course Coordinators:** Dr Raza Sayyed and Dr M. Shahrukh Effendi

April 24, 2013

A mock Objective Structural Clinical Examination (OSCE) for the candidates appearing in intermediate module Task Oriented Assessment of Clinical Skills (TOACS) was held on April 24, 2013. In addition to the residents from our own department, a total of 40 participants from various institutions in and outside Karachi attended this mock session which consisted of static as well as interactive stations. This is a regular activity organised by the Section of General Surgery in which faculty from other sections also shows active participation.



## 9<sup>th</sup> AKU Ilizarov Workshop

**Course Director:** Dr Masood Umer, **Course Coordinator:** Dr Haroon Rashid

May 3-5, 2013



AKU Ilizarov team conducted the ninth successive course from May 3-5, 2013. Till now AKU has trained a total of around 200 orthopaedic senior residents and consultants in this technique. This year AKU was honoured with the presence of Dr Victor Vilensky from St Petersburg, Russia. There were a total of thirty participants, twelve from Karachi, four from Peshawar, five from Lahore, two from Timergara and one each from

Hyderabad, Nawabshah, Quetta, Larkana, Rawalpindi and Multan respectively. Likewise, we had seventeen Operating Room Personnel (twelve from AKU and five from multiple institutions in Karachi). To provide equal opportunity for hands-on training, 10 tables were set up to accommodate three residents/trainees and two ORP each. There were 19 lectures, 8 hands-on workshops on saw bones, and two paper workshop exercises.



# Research Protocol Writing Workshop

**Course Coordinators:** Dr Farhan Raza Khan and Dr Om Parkash

June 1, 2013

A four-hour long workshop was arranged on research protocol writing. It was one of five-post conference workshops that were organised on the second day of the 18th Annual PGME conference at AKU. The workshop was attended by a record number of 60 participants. The majority of the attendees were the residents in various specialties of medicine, surgery and dentistry.

The participants were divided into two blocks. Block A was facilitated by Dr Rahna Raza Khan and co-facilitated by Dr Om Parkash (Medicine) while Block B was overseen by Dr Farah Qamar (Paediatrics) and Dr Asaad Nafees (Community Health Sciences).

The workshop concluded with certificate distribution by Dr Khadeeja Humayuun, chair of the PGME conference.



*Dr Samira Adnan receiving the certificate and cash prize for 2nd best Moderated Poster presentation at PGME conference*



*Dr Faisal Qayyum receiving souvenir for moderating the Oral Presentation Session*



*Dr Mahwash Nadeem receiving best Oral Presentation Award and cash prize*



*Dr Naveed Haroon receiving certificate and cash prize for 2nd best Oral Presentation*



# The 9th Annual National Conference of Pakistan Society of Cardiovascular & Thoracic Surgeons at Aga Khan University

Dr Syed Shahabuddin

Assistant Professor, Cardiothoracic Surgery



For the first time, the Annual National Conference of Pakistan Society of Cardiovascular & Thoracic Surgeons was hosted by the Aga Khan University. The conference was organised by the Cardiothoracic Surgery Section with its chief, Dr Hasanat Sharif Chief in the role of the convener. There were three pre-conference workshops conducted by various AKU faculties in collaboration with guest faculties. The first workshop was on mitral valve repair which was relayed live from Bangalore India. It was conducted by Dr Vivek Jawali and facilitated by Dr Hasanat Sharif. The second workshop was on ECMO (extracorporeal membrane oxygenation) which was facilitated by AKU faculty Dr Muneer Amanullah, Dr Babar & Dr Burhan (USA). The third workshop was on vascular anastomosis, conducted by Dr Irum Naz along with Dr Ziad Sophie, Dr Zia-ur-Rehman, Dr Shahid Sami, Dr Syed Shahabuddin and Dr Ahsin (guest faculty).

## Surgical Grand Round Award Ceremony 2013

First Half Yearly Winners (Prizes distributed by Dr Amir Shariff, Assistant Professor, General Surgery)



*Dr Samira Adnan receiving first prize for her topic, "Comparison of Various Storage Media for Avulsed Teeth: A Systematic Review".*



*Dr Ghulam Murtaza receiving second prize for his topic, "Clinical Outcome of Non-Metastatic Primary Breast Cancer in Shaukat Khanum Memorial Hospital and Research Centre".*



*Dr Fareed Ahmed Sheikh receiving third prize for his topic, "Fistulotomy vs. Fistulectomy for Simple Fistula in Ano: A Retrospective Cohort Study".*



The inaugural session was addressed by Mr Firoz Rasul, AKU President; Dr Masood Hameed, Vice Chancellor, Dow University of Health Sciences, Dr Al-Nasir Lalani, Dean of Research & Graduate Studies; Dr Riaz Anwar Khan, President of the Pakistan Society of Cardiovascular & Thoracic Surgeons; and Dr Ruksana Zuberi, Associate Dean of Education. Day one started with the talks based on the databases and quality assurance. Dr Faisal Cheema, the first speaker from Columbia University (USA), talked about the development of database in our country and its relationship to improve clinical outcome and patient safety. Several other speakers gave details of their databases and its maintenance while others explained how they are in the process of developing it. Dr Hasanat Sharif gave details of cardiac surgical database at AKUH and how it is being used to compare with international databases, providing risk stratification model and opportunity to improve. After the break, concurrent sessions on congenital heart surgery and vascular surgery were held. On day two the proceedings started with the theme of education and training. Dr Rizwan Azmi, faculty AKU & Vice President of College of Physicians & Surgeons Pakistan was the first speaker.



Dr Syed Shahabuddin updated the participants on cardiac surgical training program at AKU. The last session was about the role of anaesthesia, perfusion and critical care. Dr Fazal Hameed gave details of methodology to improve quality in cardiac anesthesia. The conference concluded with the closing and thanking speech of Dr Sharif who thanked the visitors who had participated and made this event successful.

# International Conferences Attended by Faculty Members

Name of Presenter / Author	Section	Name of Conference / Workshop	Place or Host Country
Dr Hasnain Zafar	General Surgery	Eastern Association for the Surgery of Trauma – 26th Annual Scientific Assembly	Scottsdale, Arizona
Dr Tabish Chawla	General Surgery	Eastern Association for the Surgery of Trauma – 26th Annual Scientific Assembly	Scottsdale, Arizona
Dr Hasnat Shariff	Cardiac Surgery	Global Health Services	United States of America
Dr Shaukat Ali Chhipa	Ophthalmology	28th Asia – Pacific Academy of Ophthalmology Congress APAO-AIOS 2013	Hyderabad, India
Dr Sharmeen Akram	Ophthalmology	28th Asia – Pacific Academy of Ophthalmology Congress APAO-AIOS 2013	Hyderabad, India
Dr Syed Ather Enam	Neurosurgery	Arab Health Congress 2013	Dubai, United Arab Emirates
Dr Riaz Hussain Lakdawala	Orthopaedics	9th Middle East Orthopaedics Conference	Dubai, United Arab Emirates
Dr Mubassar Fida	Dentistry	AEEDC – Dubai	Dubai, United Arab Emirates
Dr Faisal Qayyum	Dentistry	AEEDC – Dubai	Dubai, United Arab Emirates
Dr Mubassar Fida	Dentistry	The American Association of Orthodontists and the American Academy of Periodontology – Joint Conference	California, United States of America
Dr Tanveer Chaudhry	Ophthalmology	Seminar in Glaucoma Management	Dubai, United Arab Emirates
Dr Muneer Amanullah	Cardiac Surgery	6th World Congress Paediatric Cardiology and Cardiac Surgery	Cape Town – South Africa
Dr Syed Shahabuddin	Cardiac Surgery	6th World Congress Paediatric Cardiology and Cardiac Surgery	Cape Town – South Africa
Dr Muneer Amanullah	Cardiac Surgery	4th Options and Outcomes Meeting	Dubai, United Arab Emirates
Dr Haroon Ur Rashid	Orthopaedics	12th Triennial International Federation of Societies for Surgery of the Hand (IFSSH)	New Delhi, India
Dr Haroon Ur Rashid	Orthopaedics	9th International Federation of Societies for Hand Therapy (IFSHT)	New Delhi, India
Dr Fazlur Rahman	Plastic Surgery	12th Triennial International Federation of Societies for Surgery of the Hand (IFSSH)	New Delhi, India
Dr Fazlur Rahman	Plastic Surgery	9th International Federation of Societies for Hand Therapy (IFSHT)	New Delhi, India
Dr Rizwan Haroon Rashid	Orthopaedic	AO Trauma Course	Selangor, Malaysia
Dr Syed Ather Enam	Neurosurgery	International Neuroscience Institute	Hannover, Germany
Dr Shaista M Khan	Breast Surgery	13th St. Gallen International Cancer Conference	St. Gallen, Switzerland
Dr Hammad Ather	Urology	28th Annual EAU Congress	Milan, Italy
Dr Masood Umer	Orthopaedics	American Academy of Orthopaedic Surgeons (AAOS)	Tampa, Florida, United States of America
Dr Amir Sharif	General Surgery	2013 SASMBS International Metabolic and Bariatric Surgery Meeting	Dubai, United Arab Emirates
Dr Syed Ather Enam	Neurosurgery	The 2nd Asian Congress of Minimally Invasive Spine Surgery and Techniques (ACMISST) 2013	Aichi, Japan
Dr Inam Pal	General Surgery	Seoul National University Hospital	Seoul, Korea
Dr Faisal Qayyum	Dentistry	Dubai Implantrium	Dubai, United Arab Emirates
Dr Gohar Javed	Neurosurgery	Global Spine Congress 2013	Hong Kong
Dr Taimur Asif Ali	Cardiac Surgery	The 21st Annual Meeting of the Asian Society for Cardiovascular and Thoracic Surgery (ASCVTS)	Kobe, Japan
Dr Tashfeen Ahmed	Orthopaedic	AMEEMR – Quality in Medical Education, Assessment, Social Accountability and Accreditation	Riyadh, Saudi Arabia
Dr Sadia Sadaf	Undergraduate	AMEEMR - Quality in Medical Education, Assessment, Social Accountability and Accreditation	Riyadh, Saudi Arabia
Dr Iram Naz	General Surgery	Vascular and Endovascular Update	Olympia, London



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Name of Presenter / Author	Section	Name of Conference / Workshop	Place or Host Country
Dr Mubasher Ikram	ENT	American Head and Neck Society Meeting	Orlando, United States of America
Dr Rashid Jooma	Neurosurgery	National Spinal Injuries Centre	London
Dr Syed Ather Enam	Neurosurgery	7th World Congress on Controversial Neurology (CONy)	Istanbul, Turkey
Dr Nasir Sulaiman	Urology	1st National Conference NAUS Scientific Program	Pakora, Nepal
Dr Hammad Ather	Urology	1st National Conference NAUS Scientific Program	Pakora, Nepal
Dr Attiya Shaikh	Dentistry	19th Malaysian Association of Orthodontics	Selangor, Malaysia
Dr Irfan Daudai	General Surgery	Society of American Gastrointestinal and Endoscopic Surgeons	Maryland, United States of America
Dr Amir Sharif	General Surgery	Society of American Gastrointestinal and Endoscopic Surgeons	Maryland, United States of America
Dr M Sohail Awan	ENT	1st Neurelec International Scientific Symposium 2013	Nice, France
Dr Shahryar Noordin	Orthopaedic	Mars Collaboration Centre	Toronto, Canada
Dr Abida Sattar	Breast Surgery	14th Annual Meeting of The American Society of Breast Surgeons	Chicago, United States of America
Dr Shabbir Akhtar	ENT	Deenanath Mangeshkar Hospital and Research Centre	Pune, India
Dr Syed Ather Enam	Neurosurgery	AO Spine Masters Symposium – Degenerative Spine	Lucerne, Switzerland
Dr Tania Arshad	Dentistry	American Association of Orthodontists (AAO) 2013	Philadelphia, United States of America
Dr Hasnat Shariff	Cardiac Surgery	American Association for Thoracic Surgery (AATS) 93rd Annual Meeting	Minneapolis, United States of America
Dr Tanveer Chaudhry	Ophthalmology	European School for Advanced Studies in Ophthalmology (ESASO) – Medical Retina Course	Singapore
Dr Shahzad Shamim	Neurosurgery	Perspective in Skull Base Surgery, Microscopic and Endoscopic hands-on Course, 14th International Workshop	Naples, Italy
Dr Fahad Umer	Dentistry	Advanced Surgical Cadaver Course	New Jersey, United States of America
Dr Hasnain Zafar	General Surgery	Canadian Conference on Physician Leadership (CCPL)	Vancouver, Canada
Dr Amanullah Memon	Urology	Renal Transplant Training Programme	United Kingdom
Dr Moghira Iqbal	ENT	Observership – Cincinnati Children's Hospital Medical Centre	Cincinnati, United States of America
Dr Pervaiz M Hashmi	Orthopaedics	14th European Federation of National Associations of Orthopaedics and Traumatology (EFFORT)	Istanbul, Turkey
Dr Tashfeen Ahmad	Orthopaedics	14th European Federation of National Associations of Orthopaedics and Traumatology (EFFORT)	Istanbul, Turkey
Dr Tanveer Chaudhry	Ophthalmology	SOE 2013 - European Society of Ophthalmology	Copenhagen, Denmark
Dr Pir Salim Mahar Bux	Ophthalmology	SOE 2013 - European Society of Ophthalmology	Copenhagen, Denmark
Dr M Sohail Awan	ENT	Cutting Edge Laryngology 2013	London, United Kingdom
Dr Saqib Qazi	Paediatric Surgery	International Paediatric Endosurgery Group (IPEG)'s 22nd Annual Congress for Endosurgery in Children	Beijing, China
Dr Farhan Raza Khan	Dentistry	ITI Education Week Boston - Comprehensive Implant Dentistry: From Treatment Plan to Clinical Implementation.	Boston, USA
Dr Ehsan Bari	Neurosurgery	IRCAD –EITS: Microscopic and Endoscopic Approaches to the Skull Base / Neurosurgery – ENT Skull Base	Paris, France
Dr Gohar Javed	Neurosurgery	IRCAD –EITS: Microscopic and Endoscopic Approaches to the Skull Base / Neurosurgery – ENT Skull Base	Paris, France

# International Conferences Attended by Faculty Members

Name of Presenter / Author	Section	Name of Conference / Workshop	Place or Host Country
Dr Muneer Amanullah	Cardiac Surgery	13th Symposium on Aortic Valve Reconstructive Surgery	Brussels, Belgium
Dr Saulat Fatimi	Cardiac Surgery	7th Biennial Congress – The Society for Heart Valve Disease (TSHVD)	Venice, Italy
Dr Tabish Chawla	General Surgery	IMACS	Kent, United Kingdom
Dr M Rizwan Khan	General Surgery	University of Illinois at Chicago	Chicago, United States of America
Dr Muhammad Hasan	Dentistry	FDI/CDA/SLDA Joint International Conference and Trade Exhibition 2013	Colombo, Srilanka



*Dr Masood Umer and Dr Mumtaz Gillani (AKU Ortho Alumnus) at the AAOS meeting in Chicago, 2013.*



*Dr Tanveer Chaudhry, Associate Professor, Ophthalmology, along with world's leading medical retina faculty Dr Adrian Coe at the European School for Advanced Studies in Ophthalmology (ESASO) – Medical Retina Course, Singapore.*



*Dr M Shahzad Shamim with Professor Vladimir Benes (Czech Republic and President EANS) and Professor Ed Laws (USA) at the Perspectives in Skull Base Surgery workshop in Naples, Italy.*



*Professor Rashid Jooma and Dr M Shahzad Shamim, were invited to attend the festschrift of Professor Michael Powell, a world renowned pituitary surgeon from UK. This is the picture of the two with Professor Powell at Queen Square, London.*



*Dr Shaukat Chhipa at the 28th Asia – Pacific Academy of Ophthalmology Congress APAO-AIOS 203 held in Hyderabad, India.*



*Dr Fazalur Rahman & Dr Haroon Rashid at the 12th Triennial Congress of International Federation of Societies of Surgery of the Hand (IFSSH) and 9th of Hand Therapists (IFSHT), 4-8 March 2013, New Delhi, India.*



*Dr Syed Shahabuddin at the 6th World Congress Paediatric Cardiology and Cardiac Surgery held from February 17-22, 2013 in Cape Town, South Africa.*



*Dr Iram Naz at the 35th CX Charing Cross International Symposium - Vascular and Endovascular Update held from April 6 – 9, 2013 in Olympus, London.*



*Dr Aneela Darbar teaching at the Hands-On Practical Course for Residents – Nuances in Cranial Operative Techniques held from June 7 – 9, 2013 in St Louis Missouri, USA.*



## South Balochistan: The Unexplored Beauty of Pakistan



**Dr Nuzhat Faruqi**  
Assistant Professor, Urology

**The Cave City of Balochistan** is located in a place known as Gondrani, almost 40kms of the bela city towards Khuzdar. The ruins of the Cave City go back to 1500 BC and was rediscovered by a British in the year 1858. It is named after a woman who was known with two names “Mai Gondrani” and “Mai Brochani”. An inimitable consign in Balochistan where traces of earliest cave civilizations exist. These ancient cave civilizations are found in various regions of the world. Luckily in Pakistan also, these ancient caves dwellings have also been found. This is really a true archaeological treasure but unluckily this amazing treasure is concealed from most of the world.

Who constructed these mysterious caves? This is still a mystery as there is no precise information available but one thing is for sure that this place is tremendously marvelous. Different historians narrate Shehr-e-Roghan with the Buddhists of 7th century AD. This wonderful ancient cave city is extending over an area of 3 kilometers. Now what is so unique about these cave houses are multi storey and are inter connected with each other through various walkways every cave house has a solo room and some have a veranda in front. Had this site been anywhere else in the world, it would have been preserved as a world heritage site, but sadly it is crumbling in neglect here

**Pakistan Natural Sphinx**, the huge man made Sphinx in Giza, Egypt is viewed by countless tourists from across the globe with awe and praise for those who made it. But there is one natural feature in the remote area in the Makran coastal region that resembles much the same as the Egyptian Sphinx. The Sphinx like feature is located near the Buzi Pass right on the Makran Coastal Highway, some 250 kilometres away from Karachi. So if you want to see this sphinx, a pure natural wonder and only of its kind in the world, do plan a drive along the Coastal Highway from Karachi, you will be





amazed to see this sphinx waiting for you right by the roadside with all its natural might and awe.

***The Princess of Hope*** is a statue, founded in Hingol National Park lies on the Makran coast and approximately 190 km from Karachi. The name Princess of Hope was given by Hollywood actress Angelina Jolie on her visit to this area. The exact location of Princess of Hope is about 275 kilometers from Karachi, a drive by taking the N25 national highway to Hub from Karachi. The Makran Coastal Highway starts about 10 kilometers short of a place called Uthal with a clear blue sign indicating the direction. While N25 continues due north, the Makran Coastal Highway branches off towards west (left) Mud volcanoes of Balochistan, are considered to be one the largest and highest of their kind in the world.

In Pakistan there are more than 80 active mud

volcanoes in Balochistan province; there are about 10 locations having clusters of mud volcanoes. In the west, in Gwadar District, the mud volcanoes are very small and mostly sit in the south of Jabal-e-Mehdi toward Sur Bandar. Many more exist in the north-east of Ormara. The most famous is Chandaragup.

The biggest crater found at  $25^{\circ}33'13.63''\text{N}$ ,  $65^{\circ}44'09.66''\text{E}$  is about 450 feet (137.16 m) in diameter. No one knows how old these volcanic mounds are, but in the archives a mention of these is found from the travelogue of Sir Frederick John Goldsmid, who in 1862 as an army major had travelled from Karachi to Gwader.

The Makran Coastal Highway has brought these natural wonders within hours drive form Karachi. But the sites of the mud volcanoes have yet to be developed into tourists' attractive sites, as has been done in other countries.





# A Road Trip - Outside Red Walls

Dr Ramiz Mumtaz

Resident, Otorhinolaryngology/Head Neck Surgery



After visiting workshop for tail pani checkup, a rough homework on Google maps and reviewing blogs for a road trip across Pakistan, we left Karachi on a sunny afternoon of December. We were at Hyderabad bypass by 2.30pm, where the super highway joins the national highway (N5). Now here onwards the weather was cool but traffic was a bit hap hazard especially due to heavy trollies. On our way we saw the famous Sachal Sarmast Shrine at Bhit Shah 2km off main highway. After crossing Hala we reached Benazirabad, thanks to the maps and navigation on my smartphone which we surfed well ahead before entering any locality. I realized after the tour that its critical in road trip to take by pass if you don't want to visit the inner city or otherwise it can end in losing precious time and fuel.

Later in the day the journey wasn't pleasant as the road condition was worse in upper Sindh. By Isha we entered Punjab and it was a sigh of relief. The whole scenario changed as if we had come to a new country as the highway was much better with proper reflectors and road signs etc. Then we surfed on the magnificent roads of Punjab, towards Lahore and almost driving the whole night, we reached Lahore at 5am. Next day we left early to visit the traces of Mughal legacy at the historical Lahore Fort spending some quality time imagining and talking about the imperial era and offered our Jumma prayers at the famous Badshahi Masjid.

Then we moved to Wahga border (around 30 kilometre from our residence). It was relatively easier to move in Lahore around this time due to excellent road infrastructure especially the Lahore ring road. It's about half a kilometre walk from the parking to the border, where the famous flag ceremony takes place. Watching this emotional ceremony, my patriotic feeling arose. On the Indian side more than a thousand people were

cheering but towards side green dhol and commentary made the real difference, making our side much more dominant. Best thing about this dignified and enthusiastic ceremony was the parade and personalities of our Jawans. All of them were more than 6 feet tall with mega moustaches. Their devotion, energy and patriotism was constantly giving us goose bumps. I would like to give credit to these Jawans for making us feel proud Pakistanis once again. Flag ceremony at Wahga border was not less than a war of feelings, emotions and energy that was an experience worth remembering.

This time the road trip was really awesome with rainy and cloudy weather. The lush green plains on both sides of motorway and the hilly Salt Range offered an extraordinary view. We by-passed Islamabad and entered Taxila via a motorway exit. The tourist department had organised a visit of the Ghandhara civilization sites and on visiting these areas and museum one gets really astonished about our rich cultural heritage. Then we moved further and drove through snow in the magnificent Swat valley. It was a first road adventure experience for me after getting inspired from Nat Geo Adventure (<http://natgeoadventure.tv/int/>) and relatives. All in all we drove around 4000Km, with two drivers from Karachi to Mingora and back and burned almost 280liters of petrol. It was once in a life experience to share here. Our country, especially the northern areas are worth visiting. People are really friendly and hospitable in Swat. Punjab and Lahore also have a lot to offer in terms of our strong history. There should be some small breaks from our professional lives to have some adventure. It gives us a chance to enjoy nature and meet multilingual people from different communities.



# Time Out

## Almost off the Grid...

Dr Philomena Drago-Johnson

First Departmental and General Surgery Alumnus - 1990

How do you write something to the august AKU post-grad community that is not 'stereotypic'? We all know all about the problems going on around us: needless violence, environmental degradation, society and institutions adrift. But, have any of us seen/lived possible solutions?

Sometimes to really live one has to get off the cultural treadmill of seeming socially acceptable solutions: step off that runaway bus called 'make-lots-of-money-option' and do that which you know in your heart is better.

One thing I didn't know as an urban General Surgeon was that as workload grows and complications abound as I age, the most relaxing of past-times is working with the earth, plants and gardening.

After a brief stint in the beautiful Himalayas and 8 years in the rural town of Kunri, coming back to the 'city' of Mirpurkhas seemed too cosmopolitan. Yet, after 4 years of searching, we found our "piece of paradise" - a plot of village land just outside town. No running water, Sui gas or cable TV - people who suspected we were crazy were now convinced we had flipped. Okay, we did breakdown and get dish TV. And, now have 9-12hrs of electricity from WAPDA!

Design, debate, trial and error resulted in adopting indigenous passive cooling technology - going back-to-the-future- to keep cool using a 24 foot high chatai



steeped roof, overhang shaded walls to save being baked in constant sunlight thus keeping the interior five degrees cooler than the outside -in summer- till dusk, when temperatures even out and cooling starts immediately as our roof is made of insulating cane fronds. And roshandans keep rooms ventilated and cooled using physics (hot air rises, cool air falls, high ventilators pulls warm air out and cool air in at ground level) without resorting to ACs or even fans - well, that's pushing it, we do have UPS and battery fans for when a high air pressure stillness halts the wind -rarely- and temps go over 38C -often. But, no municipal sewage? No problem. Soak pits are better than



Wood stove and tandoori, part of our renewable cooking



Hollyhocks outside of soak pit

overflowing gutters (yes, our old town house was flooded with sewage during heavy rains 4 yrs ago - not fun I assure you!) And plants thrive around the pits - see the gorgeous hollyhocks!

No piped suigas? LPG cylinders initially, but rising prices spurred us to build a biogas digester. New motto: have buffalo, will out-perform sui - all our cooking/heating

(and soon also our generator) is now from renewables -- wood or biogas! No municipal garbage collection? No garbage! All organic matter is turned into compost, the rest is recycled or burned and ash used with demethane-ized dung in the garden and fruit trees which, you guessed it, consist of mango, dates, chickoo, grapefruit, lemon and - we will try - coconut! By these we salve our conscience at having to use some steel/cement in building and thereby adding carbon to the atmosphere: however, we allow seed from cane used for the roof to fall and sprout wild cane bushes - a wonderful carbon trap and a very useful plant as well.

And we are trying to enhance water conservation by using drip irrigation. To load the raised tank to allow a gravity feed, our latest idea is to run a donkey pump with a stationary bicycle to end-round load shedding, at the same time, ridding middle-aged fat. To which Dr Rizwan noted, "Ahh, I see Paul, and you have your donkey!"

So, you are all invited to come out and enter this 'next dimension' in Mirpurkhas. Only one caveat: you must be able to live with 2.5 dogs. You ask, "2 and half dogs? ... How?" ....aha. ...you have to come to find out.



*Biogas digester*



*Our house from the young mango tree angle*

## Proud to Announce



### **Dr Rizwan Azami**

Associate Professor, General Surgery  
*has been elected as Vice President  
College of Physicians & Surgeons  
Pakistan*



### **Dr Ahmad Vaqas Faruque**

Instructor – Paediatric Surgery  
*has cleared his FCPS Examination*



### **Dr Sharmeen Akram**

Lecturer & Consultant Ophthalmologist  
*has cleared examination (with  
distinction) Graduate Diploma  
in Refractive Surgery from the  
University of Sydney*

## Appointments and Promotions



**Dr Mohammad Fazlur Rahman**  
*Assistant Professor, Plastic Surgery.*



**Dr Aneela Darbar**  
*Assistant Professor Neurosurgery*



**Dr Attiya Shaikh**  
*Promoted to Assistant Professor –  
Orthodontics (Dentistry Section)*



# Long Term Use of Mobile Phone and Rise in Brain Tumors

“fact or fiction”



**Dr Aneela Darbar**  
Assistant Professor, Neurosurgery

For years, experts have been arguing and debating about the health effects of low-intensity electromagnetic (EM) radiation from sources such as power lines, base stations, transmission tower antennae and cellphone hand held units. Some say they are perfectly safe while others claim they are injurious for your brain. There are about 4 billion mobile phone users worldwide, youngest being 3-4 years who use it on an average of 4-6 hours per day. Mobile phones use electromagnetic radiation of same frequency and same wavelength as of microwave oven. The term microwave refers to a range of frequencies in the radio spectrum from 300 megahertz to 300 gigahertz. Microwaves or any other radiofrequency energy do not carry heat but they generate heat when they are absorbed by an object,

like heating your food. But you wouldn't consider holding the microwave oven to your ear for many hours, day after day. That's precisely what we are doing with our mobile phones.

Children are exposed to a higher level of radiation than the adults. They have thinner scalps and skulls, increase water content and lower brain volume than adults. The radiation, therefore, has a shorter distance to travel from the phone to the brain.

A recently published meta-analysis paper incorporating 11 long term epidemiologic studies in this field, including the — “Hardell” and — “INTERPHONE” studies, claim that prolong use of mobile phones > 10 years is associated with double the risk of being diagnosed with a brain tumor on the same side of the head as that preferred for cellphone use. With an entire generation of adults and youngsters growing up and hooked on mobile phones, this could be potentially devastating. The precise mechanism, however, still remains elusive. Mobile phones could become the next big public hazard after use of tobacco. For years tobacco companies have funded research that found inconclusive evidence that smoking causes cancer. Are the cellular companies doing the same? But one fact remains true: like not all smokers get lung cancer, not all cell phone users get brain tumor.

*So what do we do with this information? Should we believe it or not? Are all these studies right or are they wrong? What if they are right? Will we see a huge increase in brain cancer in the next decade? It is surely frightening, therefore my advice is better be safe than sorry.*



*Tips to prevent excessive exposure to EM radiation:*

- a) Put your mobile phone on speaker or hands free.
- b) Do not sleep with your mobile phone nestled against your head or ear.
- c) Keep electric appliances like clock radios at the foot end of the bed.





**M. Asim Khan**

MBBS MRCSEd

Clinical Research Fellow Trauma & Orthopaedic Surgery

AKU Internship 2005

I won the SICOT Conference First Podium Presentation Award in Nov 2012 for my paper on hip fractures. The conference was held in Dubai and had over 2,100 papers presented from all over the world. I won first prize. I was given a prize of 500 Euros and taken for dinner with senior SICOT members to the Burj-Arab. I have now submitted the paper to an international orthopaedics journal. My certificate is attached.

My paper on Causes and Predictors of Re-admission after Hip Fracture Surgery has been published in the Journal of Bones and Joints Surgery, May 2012.

I have also been involved in the development of the latest British Orthopaedic Association Guidelines

on Best Practice in Total Hip Replacement. This is now available online at the British Hip Society website at the following link: <http://www.britishhipsociety.com/publications>

Furthermore I have presented podium papers at the following meetings over the last two years: American Academy of Orthopaedic Surgeons in San Francisco, British Orthopaedic Association in Manchester, The Association of Surgeons in Training in Cardiff, The European Federation of National Associations of Orthopaedics and Traumatology in Berlin Germany, The British Society for Surgery of the Hand in London, BHS in Bristol and BACA in Chelmsford. There are many others where I have presented posters.



**Dr Mansoor Ali Khan**

Orthopaedic Alumnus 1996

I graduated from the Orthopaedic Residency Program at AKUH in 1996 and was subsequently appointed as an Instructor. In 1998, I started my private practice in Karachi but maintained an interest in academics and research, continuing to publish in international journals like The Journal of Bone and Joint Surgery, The Journal of Bone and Mineral Metabolism and Journal of Foot and Ankle Surgery. In 2007, I joined The Indus Hospital as Consultant. This is Pakistan's first paperless hospital where I am now Associate Professor in Department of Orthopaedics among many research projects underway, one of my major research interests has been the treatment of clubfoot by the Ponseti method, and my

involvement in setting up the Pehla Qadam program in collaboration with the University of Iowa. Research papers related to this have been presented internationally. Most recently the paper Cost Effectiveness of Ponseti Method versus Surgery in a Low Income Setting was an invited talk at the International Presidential Breakfast at the American Academy of Orthopaedic Surgeons, 2013. The other paper was "Programatic Approach to Management of Club Foot in a Resource Constrained Setting" which was presented as a free paper. I can honestly say that my achievements have been built on what I learned as a resident at AKUH, from my teachers, my colleagues as well as my juniors.

## Residents' Corner

### Cleared FCPS Examination



**Dr Nabeel Humayun Hassan**  
*Chief Resident Otolaryngology Section*



**Dr M Shahid Khan**  
*Chief Resident Orthopaedic Surgery*

### Cleared Intermediate Module



**Dr Fazal Wahab Khan**  
*Cardiac Surgery*



**Dr Fareed Ahmed Shaikh**  
*General Surgery*



**Dr Jehangir Farman Ali**  
*General Surgery*



**Dr Noman Shahzad**  
*General Surgery*



**Dr Saleema Begum**  
*General Surgery*



**Dr Tanzeela Gala**  
*General Surgery*



**Dr Akbar Jaleel Zubairi**  
*Orthopaedics Surgery*



**Dr Zohaib Gulzar**  
*Orthopaedics Surgery*



**Dr Hussam Uddin**  
*Urology*

## Paper Presentation at UROCON 2013



Dr Mahwash Nadeem  
Resident Urology

UROCON is the largest conference of urology held annually in Pakistan. This year the venue was in the capital Islamabad. Like every year, AKU residents, alumni and faculty members had significant representation. I had five oral presentations including one on — Urology Residency in Pakistan – Trainees' Perspective and Challenges Ahead. All presentations were

very well taken and generated productive discussion.

I also had an opportunity to participate as a residents' representative in the expert panel discussion on Strengths and Weakness of Residency Training Program in Pakistan. This was a brilliant experience to interact with the residents from all over Pakistan and faculty members from Pakistan, UK and USA.

## Participants of the UROCON 2013





S. No	Topic of Paper Presentation	Presenter and authors
1	Is laparoscopic pyeloplasty a comparable option to treat Uteropelvic junction obstruction (UPJO)? A comparative study	Mazhar Ali, Rajab Ali Ghirano, Faizan Nihal, Sunil Sadruddin Samnani, S.Raziudin Biyabani, Khurram Mutahir Siddiqui.
2	PCNL in young adolescents using adult size instruments is safe and effective	Wajahat Aziz, Rajab Ghirano, Saqib Qazi, Amanullah Memon.
3	Management of grade IV renal injuries	Muhammad Iqbal Nasim, Hammad Ather
4	Age adjusted Charlson Comorbidity Index: Predictor of 90-day Mortality after Radical Cystectomy	Naveed Haroon, Mahwash Nadeem, Hammad Ather
5	Medium to Long Term Follow Up of patients treated with Retropubic Radical prostatectomy for clinically localized prostate cancer	Mahwash Nadeem, S M Nazim, Nuzhat Faruqui, Farhat Abbas
6	Is aberrant histology of Bladder Cancer always calls for Cystectomy “To do or not to do that is the question”	Mahwash Nadeem, M Hammad Ather
7	Urology Residency in Pakistan – Trainees’ Perspective and challenges ahead	Mahwash Nadeem, M Hammad Ather, Zafar Zaidi
8	Renal Failure A rare clinical presentation of Intrarenal Hydatid Cyst	Mahwash Nadeem, S Raziuddin Biyabani
9	Role of urodynamics in patients undergoing TURP	Wajahat Aziz, Syed Raziuddin Biyabani Aga Khan University, Karachi
10	Diclofenac Suppository as a preemptive analgesia in Ultrasound Guided Biopsy of Prostate: Randomized Controlled Trial	Naveed Haroon, Hammad Ather, Basit Salam
11	Accuracy of Three Dimensional Bladder Scan (BVI 3000) in determining residual urinary volume as compared to conventional catheterization: testing the technology	Imran Khan Jalbani, Hammad Ather
12	Trends in the management and outcome of GUTB	Hussam Uddin, Khurram Siddiqui, Rajab Ghirano
13	Effect of local anesthetic on postoperative pain in patients undergoing PCNL— Video Presentation	Iqbal Nasim, M Hammad Ather
14	Strengths and Weakness of Residency training program in Pakistan. Panel Discussion with Dr Zafarullah Chaudhry President, CPSP and Governor, ACS for Pakistan.	<b>Trainers’ perspective:</b> Dr Hammad Ather, Dr Mumtaz Ahmed, Dr Atta Ur Rahman, Dr Malik H Jalbani <b>Residents’ Perspective:</b> Dr Imran Jamil, Dr Mahwash Nadeem, Dr Naveed Haroon, Dr Arshad

## 32<sup>nd</sup> Society of International Urology Congress held at Fukuoka Japan from September 30 - 4 November 2013

Dr Imran Khan Jalbani

Chief Resident Urology

This conference was attended by Dr Hammad Ather, Dr Muhammad Nasir Sulaiman and Dr Amanullah Memon  
*“I had paper presentation with title: Comparison of Digital Scout Film of Non Contrast Enhanced Computerized Tomography (NCCT) Scout Film and Kidney-Ureter Bladder (KUB) Radiography for Ureteric Calculi”.*



Professor Guido Barbagli, Dr Hameed Umar (Faisalabad), Professor Gerald Jordan, Dr Atif Bhatti and Dr Imran Khan Jalbani.

## AO Basic Course, Selangor, Malaysia

Dr Rizwan Haroon

Resident, Orthopaedics

This year I was given an opportunity by my department to attend AO basic course which was held from 4th to 7th March 2013 in the beautiful country of Malaysia.

This was an extensive three days course in which the basic principles of fracture fixation were imparted via multiple lectures, case discussions as well as various hands on exercises.

The best part was the interactive session where we had the chance of interacting with faculty and participants from different regions of Asia Pacific like Philippines, China and Malaysia and knowing their ideas and approaches. This was a very good experience for me as it not only helped in polishing my skills but made me realize that our residency program is up to the international standards.



## Four-Handed Dentistry

Dr Kiran Rehman

Chief Resident, Operative Dentistry

***The Dental Section conducted a workshop for the dental surgery assistants on the topic of “4 handed Dentistry” on May 1, 2013.***

The idea of teaching and calibrating assistants was the brainchild of Dr Farhan Raza Khan, Assistant Professor Dentistry, and was supported and backed by



Dr Munawar Rahman, Section Head, Dentistry and Mr Ibrahim Mustafa, Manager Clinics.

It was a 4-hour session with lectures based on various topics summarised to emphasize the importance of a dental assistant and their roles in clinics.

Dr Rahman elaborated on sterilisation and cross-infection control in dental clinics followed by Dr Khan who introduced ‘4-handed Dentistry’ to the dental assistants and emphasised the importance of a well-trained and calibrated assistant for the dentist. Presentations on dental radiography and dental instruments and tray-tet-up were then conducted by Dr Saqib Naeem, Year 3 Resident and Dr Kiran Rehman, Chief Resident Operative Dentistry.

The presentations were followed by a workshop where mixing of different materials and their sequence and proportions were an important reminder for the assistants. The assistants were asked to show active participation. It was an interactive and informative workshop for all.

## Dr Sadaf Qadeer has won the Young Scientist Award at the 20th International Federation of Oto-Rhino-Laryngological Societies (IFOS) 2013 held in Seoul

Dr Sadaf Qadeer

Resident III - Otorhinolaryngology, Head and Neck Surgery

I presented my research paper at the 20th IFOS (International Federation of Otorhinolaryngology Societies World Congress in June 2013 in Seoul, Korea. It was an exceptional experience for many reasons. First and foremost, I got the Young Scientist Award for my paper presentation which was a memorable moment of my life. I felt so honoured since not only was I representing my beloved country but also my institution, The Aga Khan University. The congress was a five day event and comprised of multiple informative lectures and instructional courses. It was a great opportunity to get oneself familiar with recent advancements in the field of otorhinolaryngology and meet colleagues from different parts of the world. Furthermore, it was once in a life time opportunity to explore Korea during the congress and know about the traditions and culture of

the country. I was accompanied by my husband, Dr Montasir Junaid, and my friend, Dr Maliha Kazi, which added to the adventure and excitement.



*Dr Muneer Amanullah, Program Director of Cardiac Surgery and Chair of the Organizing Committee for PGME Graduation at the PGME Graduation, was honoured and privileged of being the blazon carrier at the graduation ceremony of 2012.*



## Social Events

### Sports Day Organized by the Department of Surgery

The entertainment committee for this year has been fairly active. So far there have been three arts and cultural shows for the faculty and their spouses. These were well received, creating collegiality and deepening friendships. As part of the bigger picture of a Healthy Body and Healthy Mind campaign of the Department of Surgery, the first Pakistan Day Sports Festival was held on the March 23, 2013.



The event involved all members of the faculty. PGME programme and staff of the surgery department. The participants were split up into four teams – Blue, Dark Green, Olive Green and Beige – and each team member was given a T-shirt of the corresponding colour and a cap with the AKU logo. To add to the excitement the participants were randomly assigned to different teams. Results were unique combinations of individuals who had never worked together before but strived to do their best for their team. Once the teams had been created, breakfast comprising of aloo cholay, halwa puri and lassi was served. At 10 am all participants gathered under the national flag and with respect, dignity and love the national anthem was sung by all.





The first activity was cricket and some very exciting display was seen all around with a lot of sportsman spirit. This was followed by activities at the athletic field, including sack race, lemon and spoon race, sprint and relay races and family races for young children. The athletic meet was intensely fought and there was tremendous enthusiasm and teamwork.

The tug-of-war event was the icing on the cake. It was a mixed gender-team event and was contested with such intensity that a few players cried on losing the match. Team Dark Green beat Team Beige in the final tug.



*Professor Asad Raja (himself a member of Team Blue) awarded trophies to the winning Team Blue captain and outstanding overall athlete Dr Shahzad Shamim and gold and silver medals to other winners and participants. The day ended with group photos and a healthy lunch.*

# Publications

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# ***Beyond Theatres***

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